

30 Unique Ways to Celebrate Employee Wellness Month

1



It's Global Running Day. Take a jog to get some fresh air.

2

Put on some tunes while you're working. Better yet, make a playlist and share it with friends.

3



Create a list of your favorite books and share with coworkers.

4

It's National Hug Your Cat Day. Give Joe DiMeowgio a squeeze.

5

Make your favorite dish, but with extra veggies "hidden" inside.

6

It's Yo-Yo Day! Conquer a new trick, or learn the basics.

7

Plan and prepare a week's worth of healthy lunches to cut down on all-day nibbling.

8

Find a career mentor to help you hone your business and life skills. Or, offer to become a mentor for someone else.

9



Find 5 video clips that make you lol, and share them with friends.

10



Have a virtual happy hour with the new coworker. You'll both appreciate having another friend.

11

Volunteer by reaching out to local organizations to see which of your skills the world could use most.

12

Host an in-person or virtual game night for some healthy competition with friends or family.

13



Clean-up day! Take a look in your garage. Empty out your car.

14

It's Flag Day. Learn the proper way to display and handle the flag to make the holiday more meaningful.

15

Make a declutter day. Many organizations could use household items and clothes you don't need.

16

It's Fresh Veggies Day. Try a fruit or vegetable you've never had. It may become your new favorite.

17



Go for a walk over your lunch break.

18

It's Father's Day. Say thanks to the dads in your life for their love and encouragement.

19

Buy two copies of the same book, and mail one to a friend. Voila! Instant book club.

20

Start a journal. Writing down your thoughts can clarify problems and free up some headspace.

21



Start the week with guided meditation or follow an online yoga session.

22

Check out the daily featured article on Wikipedia—you're sure to learn something new.

23



Buy a new plant, or do some gardening. It's a lifelong, healthy hobby.

24

Support a child's entrepreneurial efforts—commission some original artwork. They'll love it!

25



Invite your boss to a virtual coffee meeting/chat about your career goals.

26

Take an online course related to your career or something else that piques your interest.

27

Wake up early and watch the sun rise. It's an inspiring way to start your day.

28



Instead of snacking on chips while you work, dig into some carrots, celery or apples.

29

Reach out to an acquaintance or old friend you haven't spoken to in a while.

30



Who has made your life easier today? Drop them a note thanking them for their help.